

5 A Day Recipes

Snacks

Fruit on a Raft (Waffles with Apples)

Serves 2

- 4 frozen low fat whole grain waffles (or homemade waffles)
- 1 15 ounce can unsweetened apples
- ½ cup water
- 1/8 teaspoon allspice
- 1/8 teaspoon cloves

Place the apples and water in a small saucepan. Add spices and stir over medium heat until hot. While the sauce is heating, place the waffles in the toaster or prepare your own. When waffles are done, divide the apples among the waffles and serve.

Nutritional Analysis

Calories: 306
Fat: 10 g
Cholesterol: 79 mg
Fiber: 5 g
Sodium: 305 mg

This is an official 5 A Day recipe, and provides two people with 1¼ servings of fruit each.